

HALIFAX metro



Sort of like the Tour de France, but naked

Nude cyclists hit the road for the World Naked Bike Ride **PAGE 4**

Gaza's doctors improvise under Israeli onslaught

Surgeries held under cellphone light as casualties on the rise **PAGE 5**

Earnest doubles live their lives the Hemingway

Winner of the 'Papa' Hemingway contest crowned in Florida **PAGE 9**

MCILROY WALKS PATH OF GOLF'S GREAT ONES

BRITISH OPEN WINNER BEHIND ONLY NICKLAUS, WOODS AS YOUNGEST TO EARN THREE LEGS OF GRAND SLAM **PAGE 22**

Thousands raised for homeless man seriously assaulted

Shawn Curtis Jack.
Six charged, one not yet in custody after attack



HALEY RYAN
haley.ryan@metronews.ca

A homeless man from Cape Breton remains in hospital with serious injuries after an assault left him battered last week, but an outpouring of support from people across the province and beyond has resulted in thousands of dollars raised for the 48-year-old.

On Sunday, Cape Breton Regional Police confirmed Shawn Curtis Jack was still in hospital with head and other injuries, and there had been "no change" in his condition.

Jack was found bloodied and bruised in the parking lot of the Atlantic Superstore in North Sydney shortly before midnight

on July 14.

Police said Gordon William Bobbitt, 47, and James Darren Clarke, 34, are the latest to face charges and were arrested Saturday.

Both men face charges of obstruction of justice, and will appear in court on Monday.

A residence in North Sydney was also searched, and police found a wrench and a bandana, which are both believed to have been used in the attack.

A crowdfunding campaign set up to raise money for Jack and his dog had surpassed \$16,000 as of Sunday afternoon.

"There's been huge support from it," said Staff Sgt. Ken O'Neill of Cape Breton Regional Police. "That's a good thing and ... we're focused on the investigation."

Police continue to look for Cory Blinkhorn after issuing a Canada-wide warrant for his arrest, and O'Neill said anyone with information on his where-

Disturbing trend

Shawn Curtis Jack is the third recent attack on a homeless person in Nova Scotia.

- A man was beaten in a random assault at Halifax's Victoria Park in June.
- Harley Lawrence of Berwick was found dead in a burned-out bus shelter last October.

abouts should co-operate with police.

The 22-year-old North Sydney man is charged with attempted murder, aggravated assault and wearing a disguise (a bandana) in committing an offence.

Police have also charged Kyle William Nichol, Jennifer Lynn MacLeod and a 16-year-old girl.



PRIDE AT THE PLATE

Dynamite tries to stop Baby Dyke from running to home plate Sunday afternoon during the Dykes vs. Divas Softball Game held annually at the Halifax Common as part of Halifax Pride festivities. Several thousand people came out to watch the game, which is one of the highlights for the ever-growing festival. Full story, page 3. KRISTEN LIPSCOMBE/METRO

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Mahone Bay

Man seriously hurt in head-on crash

A man was airlifted to a hospital in Halifax with serious injuries after a head-on crash on Highway 103 near Mahone Bay on Sunday evening.

The RCMP say the accident happened between exits 10 and 11 around 6 p.m.

A man driving one of the cars was airlifted to the QEII hospital with what police described as serious injuries.

A woman was driving the second car, and she was taken by ambulance to hospital with non-life threatening injuries.

A portion of the highway was closed for several hours as an RCMP traffic analyst team was on scene investigating.

METRO

Antigonish County

Police search underway for man after canoe overturns

Police were searching for a missing canoeist in Antigonish County on Sunday night.

Just after 5:30 p.m., the RCMP received a call about an overturned canoe at Old Breakwater in Bayfield.

Police say a 35-year-old man was believed to be in the water, with firefighters and area residents helping officers in the search.

A Department of Natural Resources Helicopter was also called in.

METRO

For more local news, visit metronews.ca

Dykes deal Divas loss on diamond

Halifax Pride Festival.
Annual Dykes vs. Divas Softball Game 'all about love'

KRISTEN LIPSCOMBE
halifax@metronews.ca

It was more about charisma than catching, high heels than hitting, and posing than pitching Sunday afternoon for the ladies in drag.

They fell 15-5 to the lesbians in plaid at the 10th annual Dykes vs. Divas Softball Game, held at the Halifax Common to help kick off the opening weekend of pride celebrations throughout the city.

But for both sides of the diamond, "it's all about love today," 23-year-old Vicki Pelley, also known as Slick Vick by teammates on the Dykes, said of playing in this year's friendly game as part of the 27th annual Halifax Pride Festival.

"Doing something like this just proves that you can be whoever you want to be," she said, gesturing at the diverse group of players. "This game is a riot, but it's for such a good cause."

This year's free and fun-for-everyone event attracted at least a few thousand fans to the central Halifax park, the colourful crowd growing as the game went on, seeming to represent all walks of life.

Proceeds from food,



Players warm up Sunday afternoon before the Dykes vs. Divas Softball Game at the Halifax Common. KRISTEN LIPSCOMBE/FOR METRO

Quoted

"I don't have a strategy. I just stand and look pretty."

Diva Kristi Davidson

drinks, donations and souvenirs are going toward the Rainbow Refugee Committee, which supports those seeking refugee protection because of persecution based on sexual orientation, gender identity or HIV status.

Dykes veteran Kelly McNeil, 31, said there's always "amazing energy" on and off the field — even when the Divas are cheating.

"Every year, the crowd gets a littler bigger, the divas

get a little sassier, the dykes get a little angrier," said McNeil, who goes by Hunter Beaver when she's got her ball glove on.

"It's a great way to break down some gender binaries," she said. "You have some amazing divas out there; they can ... play really good ball, (and) they're in heels!"

Fashionista Jones opted for running shoes, but strutted her stuff in a black crop top, tight white shorts and a

hot pair of hoop earrings.

"I'm very competitive," both in style and sport, said the 33-year-old from Cape St. George, N.L., whose "boy name" is Jade Nohels.


Teammate Madison Hart went through at least five outfits for Sunday's game.

"This is a Betsey Johnson sparkle top," the Kitchener, Ont., native said as though she was walking the red carpet, not waiting in the dug-out. "It's a fashion show."


Both Divas agreed Halifax has been a welcoming community.

"There's a lot of love and acceptance," Fashionista said.

1 NEWS



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World Naked Bike Ride. Organizer says protest action also just a heck of a lot of fun

BRAEDON CLARK

halifax@metronews.ca

Nearly 50 stark-naked cyclists raced through downtown Halifax on Saturday afternoon, drawing plenty of attention and even a few cheers.

It was all part of Halifax's version of the World Naked Bike Ride, an international event designed to raise awareness of cycling safety and cycling as a method of transportation.

But even with a larger purpose, it can be hard to get past the sheer nakedness of it all.

"I see it as more of a fun day now rather than a protest action," said Tom MacDonald, one of the organizers.

After the ride, MacDonald hosted many of the partici-

pants at his house on Fern Lane for a nude/semi-nude party.

MacDonald said there were many people who took notice along the roughly 12-kilometre route, but one in particular stood out.

"There was a girl, maybe five or six, along Gottingen Street who was just jumping up and down and cheering when she saw us," he said with a laugh.

MacDonald added that he was grateful for the police escort to ensure safety.

"There's often a mixed reaction," said MacDonald's partner, Eva Mooers. "People either cheer and take pictures or pretend like they can't see us."

Riding under sunny skies

Dressed appropriately

30 C

The cyclists were riding under sunny skies in nearly 30 C heat.

Wild, not wet

The original date for the World Naked Bike Ride event in Halifax was July 5, but it had to be rescheduled when post-tropical storm Arthur blew into town.

in nearly 30 C heat, many of the bikers were doing their best to cool off after it was over — though Mooers said being naked makes things a little less heated.

"It feels good, like skinny dipping," she said.

"It's amazing how much cooling your body does when you're not wearing clothes," MacDonald added.

Beyond the desire to raise awareness about cycling, there's also a desire to celebrate the human body.

"There are all kinds of different body types here, and we want to celebrate that, not just the types that the mainstream press says are beautiful," Mooers said.



Participants in Halifax's Naked Bike Ride get ready to begin on Saturday. BRAEDON CLARK/FOR METRO

Neighbourhood refreshes design, spirit



The finished product at the intersection of Black Street and Northwood Terrace in Halifax. PHILIP CROUCHER/METRO

The intersection of Black Street and Northwood Terrace in Halifax was awash in sunshine and paint on Saturday morning as the neighbourhood freshened up its contribution to the Placemaking Program.

Started in 2012, the program gives neighbourhoods the chance to paint artwork at residential intersections. Black Street and Northwood Terrace was the pilot project and, judging by the crowds of volunteers painting, it has been a popular project indeed.

"We see it as using arts as a tool to share ownership of neighbourhoods," said Kate MacLennan, the community arts facilitator for Halifax Regional Municipality. "This was our first project, and we've had applications from other areas come in since then."

The design that the neighbourhood came up with features the outline of a sun dotted with icons that represent the area: a house, a cat, a store.

"The kids love having nature in the design," said Mor-

Let it shine

"It's a symbol of the spirit of the community."

Area resident Eli Gordon

rigan MacLean, a resident who helped come up with the original concept two years ago.

Eli Gordon, who lives right on the corner and was creating a time-lapse video of the project, said that the artwork is a big draw for outsiders.

"When I tell people where I live, they always say, 'Wow, the artwork down there is so cool,'" he said.

The painting project saw the street closed down to traffic and filled with a street party later in the day. Many children were on hand to help with the painting, all doing their best to stay within the lines.

According to Gordon, the artwork itself is important, but it's the feeling of co-operation and teamwork that means the most.

BRAEDON CLARK/FOR METRO

No complaints yet

Meat recalled for fear of possible metal filings

A Halifax-area meat market is voluntarily recalling some of its ground beef and pork, saying it's possible the products contain metal filings.

The Agriculture Depart-

ment says Gateway Meat Market in Dartmouth is advising its customers to avoid eating ground beef and pork sold Thursday before 4:30 p.m.

In a statement, the department says the products might look OK to eat, but doing so could be a health risk. The department says there have been no complaints from customers.

THE CANADIAN PRESS

Oglivie

Man charged over standoff, assault

RCMP have arrested a 58-year-old man who police sought in connection with a standoff on Saturday in Oglivie, just west of Harbourville.

Spokesman Cpl. Scott MacRae said he was "arrested without incident" around 11:30 a.m. Sunday at a resi-

dence on Long Point Road.

The man faces charges of assault, uttering threats and weapons-related offences. He is expected to make a court appearance Monday.

Around 4:55 p.m. Saturday, RCMP had received a report of an assault on a female in Oglivie. The victim managed to escape with injuries police believed to be non-life-threatening.

KING'S COUNTY REGISTER

Service unaffected

Antigonish locks out utility workers in face of strike

A Nova Scotia town has locked out five unionized workers from its electric utility after the union filed a strike notice.

The mayor of Antigonish says they implemented the

lockout so they could have a team ready if workers went on strike.

The dispute centres on how unused sick leave is paid out upon retirement.

Mayor Carl Chisholm says the town offered a 30 per cent payout, but the union wants 100 per cent.

He says the lockout will not affect electrical service in Antigonish.

THE CANADIAN PRESS

Gaza hospital lights operations by cellphone, amid Israeli fire

Power cuts, supply shortages. Doctors have become masters of improvisation

In the heart of Gaza City, as its citizens again find themselves under fire from Israeli airstrikes and artillery, the wounded and their wailing families stream into Shifa Hospital without end.

Shifa, Gaza's largest hospital, has only an 11-bed emergency room and six operating theatres. Yet amid power cuts and among the screams of the bereaved, doctors at the 600-bed facility have become masters of improvisation, forced by the seemingly unending conflict engulfing the coastal strip to care for the wounded.

"If we are in the middle of an operation (and) lights go out, what do the Palestinians do?" said Mads Gilbert, a Norwegian doctor who has volun-

teered at Shifa on and off for 17 years. "They pick up their phones, and they use the light from the screen to illuminate the operation field."

The wounded from Israeli strikes usually arrive in waves. More than 3,000 Palestinians already have been wounded in the past two weeks of fighting, health officials say. Many, including the most serious cases, end up at Shifa.

A new wave of casualties arrives after daybreak Sunday, following a night of heavy Israeli tank fire on Gaza City's Shijaiyah neighbourhood. Hospital guards shout at drivers to move to make room for the next vehicles, pushing back journalists and onlookers.

Some of the wounded get treated in a hallway near the emergency room. A medic bandages the foot of an emergency worker writhing in pain on a mattress on the floor. A little boy with shrapnel wounds arrives and the emergency worker slides off the



Mads Gilbert, a Norwegian doctor who has volunteered at Shifa hospital on and off for 17 years, treats a patient in the emergency room in Gaza City on Wednesday. KHALIL HAMRA/THE ASSOCIATED PRESS

mattress to the hard floor for the child.

Dr. Jihad Juwaidi says his six operating rooms filled up quickly and that even the seriously wounded have to wait for surgery, including a little

girl with a fractured skull.

Choosing who gets treated first is gut-wrenching, says Dr. Allam Nayef, who works in one of Shifa's intensive care units.

"Sometimes you have to select which one of them has the

best chance to survive," Nayef says. "Easily in this rush, you can take a bad decision, that the one (patient) you thought will wait for you ... you won't find him when you finish your surgery." THE ASSOCIATED PRESS

Gaza Strip

Escalating their ground offensive, Israeli troops backed by tanks and warplanes battled Hamas militants in a crowded neighbourhood of Gaza City early Sunday.

- The fighting, including heavy Israeli tank fire, killed scores of Palestinians, forced thousands to flee and damaged or destroyed dozens of homes.
- Palestinian health officials reported at least 65 people killed as air and artillery strikes echoed across the city for hours.
- They put the number of displaced at 35,000, with at least 425 people killed in the nearly two-week conflict.
- Israeli military casualties spiked in the fighting, with 13 killed Sunday, raising the total number of dead soldiers to 18.
- Diplomats' efforts to end the violence continued, as U.N. chief Ban Ki-moon headed to the region to try to revive cease-fire efforts.

Banned protest

French youth clash with police

Pro-Palestinian French youth defying a ban on a protest against Israel's Gaza offensive clashed with police Sunday, setting fire to cars, pillaging stores and throwing stones in a Paris suburb.

Police, backed by a helicopter overhead, responded with tear gas and shots from non-lethal guns during hours of unrest in the northern suburb of Sarcelles, home to a large Jewish community.

The unrest was the second time in two days that pro-Palestinian demonstrations in France turned violent. The demonstration, like the one in Paris on Saturday, had been banned to ensure peace.

France has Western Europe's largest Muslim and Jewish populations, and crises in the Middle East, like the one triggered by the Gaza offensive, often spill into France.

The clashes came hours after France honoured some 13,000 Jews rounded up 72 years ago, most kept in a cycling stadium before being sent to Auschwitz.

THE ASSOCIATED PRESS

Indonesia. Wife of teacher jailed abroad for alleged sex abuse says he's innocent

A former Calgary teacher has been wrongfully detained amid claims he sexually assaulted kindergarten-aged students at a reputable Indonesia school, say his wife and hundreds of others who've launched a campaign to clear his name.

Neil Bantleman was taken into custody last Tuesday after hours of questioning by police in the Indonesian capital of Jakarta.

He previously taught for a decade at Calgary's Webber Academy and met his wife Tracy Bantleman, also a teacher, during that time. The two had shared dreams of instructing internationally and moved out of the country in 2007.

They spent this past academic year working at the Jakarta International School, during which time the school has faced a series of accusations from families claiming that their children were sexually assaulted by staff.

Last week, police officially named Bantleman and colleague Ferdinand Tijond as suspects. Reached Sunday by phone in Jakarta, Tracy said neither she nor her husband has been formally presented with any evidence.



Tracy and Neil Bantleman are seen in this supplied photo. COURTESY TRACY BANTLEMAN

It's believed police are relying on the testimony from the student and a peer, but Tracy said there is no doubt in her mind and in those of her husband's peers, former students and friends that he is innocent.

Indonesian law allows police to hold suspects for up to 30 days without laying charges. Jakarta authorities could not be reached Sunday, but Sr. Comr. Heru Pranoto was quoted by the Jakarta Post as claiming the two pieces of preliminary evidence gathered by his officers was enough to detain Bantleman and Tijond.

JEREMY NOLAIS/METRO

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Germany

Ceremony honours group that tried to assassinate Hitler

Germany on Sunday honoured a group of Nazi-era officers who tried to kill Adolf Hitler 70 years ago. The plot helped establish a principle under which German soldiers today are

encouraged to defy orders if they would result in a crime or violate human dignity.

In a sombre ceremony, President Joachim Gauck called the July 20, 1944, bombing of Hitler's Wolf's Lair headquarters in Eastern Prussia a "significant day in German history" for showing the world that there were Germans who opposed the Nazi regime.

THE ASSOCIATED PRESS

San Francisco

Washroom on wheels helps homeless in need

Homeless people in San Francisco can now hop a bus to take a shower.

A non-profit group has retrofitted a public transit bus with two full private bathrooms and is offering

hot showers, clean toilets, shampoo, soap and towels free of charge.

The group, Lava Mae, says the bus is mobile, allowing it to reach homeless people scattered throughout the city.

Lava Mae Founder Doniece Sandoval says a shower is vital to help the homeless improve their circumstances.

Lava Mae hopes to add additional buses to the city.

THE ASSOCIATED PRESS

Illinois

Theft suspect on Facebook gets herself-arrested

Police investigating the theft of clothing and jewelry from an Illinois boutique say they arrested a woman after she posted Facebook photos of herself wearing one of the stolen items.

WSIL-TV reports that police arrested 27-year-old Danielle Saxton earlier this month on misdemeanor retail theft charges. She's free on her own recognizance.

The store's co-owner, Kert Williams, says he posted about the stolen items on Facebook and that people who saw Williams' posting and those of Saxton made the connection and helped police. THE ASSOCIATED PRESS

Pro-Russia rebels take control of Malaysia Airlines crash site

Eastern Ukraine.

International concern growing over handling of bodies and integrity of evidence on the ground

Rebels in eastern Ukraine took control Sunday of the bodies recovered from downed Malaysia Airlines Flight 17, and the U.S. and European leaders demanded that Russian President Vladimir Putin make sure rebels give international investigators full access to the crash site.

U.S. Secretary of State John Kerry said Ukraine's separatists were to blame for the downing of the aircraft, adding there was "extraordinary circumstantial evidence" that showed Russia was almost certainly complicit in arming the rebels.

"There's a stacking up of evidence here, which Russia needs to help account for. We are not drawing the final conclusion here. But there is a lot that points at the need for Rus-

sia to be responsible," Kerry said.

The key question of who controlled the collection of evidence at the crash site in rebel-held territory dominated the day's rapid-fire developments. International monitors say armed rebels have limited their access to the crash site and Ukrainian officials said armed rebels took the bodies away from their workers by force.

A wave of international outrage over how the bodies of the crash victims were being handled came amid fears that the armed rebels who control the crash site could be tampering with the evidence there.

Donetsk rebel leader Alexander Borodai said the bodies recovered from the crash site would remain in four refrigerated train cars in the rebel-held town of Torez, 15 kilometres from the crash site, until the arrival of an international aviation delegation.

The leaders of France, Germany and Britain issued a statement demanding that Putin make sure pro-Russia



A member of a local militia guards remnants of Malaysia Airlines flight MH17 during a visit by monitors from the Organisation for Security and Cooperation in Europe on Sunday in Hrabove, Ukraine. ROB STOTHARD/GETTY IMAGES

separatists in Ukraine give full access to investigators at the Malaysian plane crash site or risk the ire of Europe.

The U.S. embassy in Kyiv issued a strong statement Sunday saying it has concluded "that Flight MH17 was likely

downed by a SA-11 surface-to-air missile from separatist-controlled territory in eastern Ukraine." THE ASSOCIATED PRESS

Quoted



"The bodies will go nowhere until experts arrive."

Donetsk rebel leader Alexander Borodai, who said the bodies recovered from the crash site would remain in the rebel-held town of Torez until the arrival of an international aviation delegation.

Black boxes recovered

- Donetsk rebel leader Alexander Borodai said the plane's black boxes have been recovered and will be handed over to the International Civil Aviation Organization.
- Borodai insisted rebels had not interfered with the crash investigation, despite reports to the contrary by international monitors and journalists at the crash site.

Poll: Harper agenda out of touch with Canadians' concerns



NDP environment critic Megan Leslie speaks in the House of Commons on May 29. Research suggests key government policies are out of step with Canadians' priorities. SEAN KILPATRICK/THE CANADIAN PRESS

Public-opinion research for the federal Finance Department suggests key government policies are out of step with Canadians' priorities, including the Northern Gateway project.

Members of focus groups consulted prior to the February budget had "little enthusiasm" for the proposed bitumen pipeline to the B.C. coast — even those who said they support the controversial project.

And among the 12 groups consulted — from Coquitlam, B.C., to Bridgewater, N.S. — the economy itself was not a

In focus

3,000

The focus groups were conducted along with a public-opinion survey of 3,000 people, and were carried out in advance of the Feb. 11 budget under a \$135,000 contract.

top-of-mind concern.

Rather, the groups spontaneously raised education, health care, pensions and veterans as their key issues.

They also called for more processing and refining of

Canada's oil resources at home, and to do so in a more environmentally safe manner.

The findings of the January focus groups, commissioned from NRG Research Group, suggest the Harper government's central policy themes — trade and the economy, with an emphasis on energy exports — are resonating less with ordinary Canadians.

"There is little enthusiasm for the (Northern Gateway) project, even among supporters," says a Jan. 25 report on the findings.

"Detractors worry about

the environmental consequences in the event of a spill, particularly as a result of a tanker accident off the B.C. coast."

"There is an appreciation that increased market access for oil will be economically beneficial but there is still a desire to do so in a more environmentally safe manner."

The Harper government has made Northern Gateway a central plank of its energy strategy, and has pilloried environmental groups who oppose it, labelling them "radical." THE CANADIAN PRESS

Fighting 'everyday sexism'

Website bears witness.

Women around the world share stories of harassment at school, work and on transit

When Laura Bates was followed home one night by a man from her bus, she didn't think much of it. Incidents like that just seemed to be part of living in London, England.

But the writer said several other similar situations followed within days. One stranger shouted obscenities at her out of a car window. Another propositioned her forcefully in a café. A third groped her on the bus, and commuters looked away when she spoke up. She was startled not so much by the incidents — but how accustomed she had become to brushing such behaviour aside and not taking action.

"I started talking to other women, and I couldn't believe how many stories they had. I think many of us just think,



Laura Bates, the founder of the Everyday Sexism Project, poses for a portrait in London, England, on July 14.
MATT DUNHAM/THE ASSOCIATED PRESS

"Maybe I'm unlucky," said Bates, 27, in an interview. "Just like me, so many of them said, 'Until you asked me, I've never talked to anyone about this.'"

Those conversations triggered the birth of the Everyday Sexism Project, a website that Bates set up for women to

share their experiences of sexism and harassment in their daily lives — in the office, on the train, in school or on the street. Two years on, what started as a simple idea has become a movement that is steadily gaining momentum, galvanizing support from pol-

iticians, police and thousands of women and men from Britain and beyond.

The project has collected 70,000 posts from some 20 countries, describing a wide range of unwelcome behaviour and offences from a colleague's casual comment to

Dissenting voices

Not all the reactions have been positive.

- Critics have argued that the focus is too trivial and distract from more important women's issues.
- Others say some of the behaviour described in the entries does not count as sexism, or claim the women are being overly sensitive.

unreported rapes.

The outpouring on Bates' website, and the attention it has garnered, has translated into some successes offline. Bates has addressed a United Nations-hosted forum and worked with British politicians, schools and businesses, and she and other activist groups have collaborated with British Transport Police to help reduce sexual assault and unwanted sexual behaviour on subway trains and buses.

THE ASSOCIATED PRESS

Election monitoring

Red flags raised about Canadian Ukraine missions

A new internal government report has once again raised questions about the risks of the Harper government's penchant for sending large teams of Canadian election monitors to Ukraine.

The March report, prepared by an outside consultant for the Foreign Affairs Department, says sending the bilateral missions of independent observers comes with some dangers to Canada's credibility.

But Foreign Affairs is defending the missions, saying they help promote Canadian values, such as supporting democracy.

The report is the latest in a series of internal government assessments that raise red flags about the Ukraine monitoring missions.

Ottawa sent 350 people to monitor the May 25 presidential ballot in Ukraine in a Canadian-led bilateral mission.

THE CANADIAN PRESS

HIV diagnosis rate drops in U.S.: Study

The rate of HIV infections diagnosed in the United States each year fell by one-third over the past decade, a government study finds. Experts celebrated it as hopeful news that the AIDS epidemic may be slowing in the U.S.

"It's encouraging," said Patrick Sullivan, an Emory University AIDS researcher who was

not involved in the study.

The reasons for the drop aren't clear. It might mean fewer new infections are occurring. Or that most infected people already have been diagnosed so more testing won't necessarily find many more cases.

"It could be we are approaching something of a 'ceiling effect,'" said one study lead-

er, David Holtgrave of Johns Hopkins University.

The study was released online Saturday by the Journal of the American Medical Association. It is part of the journal's special report on HIV research, issued ahead of the International AIDS Conference that starts Sunday in Melbourne, Australia. THE ASSOCIATED PRESS

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Just don't kiss it ... the prince would be huge!

A 22-metre-high golden fabric frog is displayed at Yuyuantan Park on Saturday in Beijing. The frog is based on the golden frog, which symbolizes lucky culture and is thought to bring wealth and fortune in Chinese traditional culture. The exhibition will last until Aug. 20. CHINA FOTOPRESS/GETTY IMAGES

What marketing and shark scares have in common

An online video hoax of a shark in Lake Ontario that caused real-world consternation this past week demonstrates the attention-grabbing risks marketers are taking in an increasingly media-fractured universe, experts say.

The problem, they say, is that efforts to stand out from the crowd via "prankvertising" can easily backfire.

"Until you've done something, you can't really say, 'OK, maybe that wasn't the smartest idea,'" said Stephen Morgan, former creative director with MR.G in Toronto. "There is definitely no rule book."

It was only on Wednesday — six days after the YouTube video surfaced, frightened



A screenshot of the YouTube video.
THE CANADIAN PRESS

some lake users and sparked safety concerns that ultimately reached the Ontario legislature — that Discovery Canada admitted the finned creature was a lifelike model. The idea was to create some buzz for a TV series on real sharks, not cause terror, Discovery Canada president Paul Lewis said by way of an ex-

planation.

"There was no anticipation on our side to cause any kind of fear or upset at all," Lewis said.

Some observers were skeptical. Morgan, who doesn't think the ad will mean a spike in viewership for Discovery, said creative talent at ad agencies aim to be "disruptive" and that in his opinion, "You can bet the (Discovery) creatives hoped for that, even if they downplayed it to the client. Shame on agencies for selling this kind of stuff."

Jeremy Robinson, creative director with Toronto-based Jar Creative, said engineering a viral video without provoking anger or upset is difficult.

THE CANADIAN PRESS

It may be time to burst your bubble



HOW TO ROLL
Alison Griffiths
metronews.ca

You would think that Canada's housing market was the champagne industry — there's so much talk of bubbles. For the past couple of years it's been bubble this and correction that. Yet the market keeps, well, bubbling up, at an annual rate of 4.4 per cent to the end of May 2014.

However, FitchRatings last week stated that Canada's real estate market was 20 per cent overpriced, while the Morningstar rating agency predicted that a 30 per cent correction could happen over the next few years.

What can you do to protect yourself? Here are some suggestions:

Landlords: An easing in

prices, combined with continued low interest rates, is a homebuyer's perfect dream. A deep correction of more than 20 per cent is heaven itself. Should it come to pass, renters who are waiting and hoping for their chance at home sweet home will buy and the rental market will soften as vacancy rates climb. Landlords should stay on top of maintenance in order to keep their units as attractive as possible and stash cash just in case vacancy rates soar, leaving units empty.

Homeowners: Avoid a home equity line of credit because these are based on the property's value and may be reduced or eliminated when the mortgage term is up. If you must borrow to pay for essential repairs, consider remortgaging now if fees and penalties are not significant.

Prospective buyers: Don't. At least, not yet. Yes,

if prices continue to defy the sky-is-falling predictions, you may end up paying more. But having a bigger down payment could more than compensate and protect you from the impact of higher interest rates.

If real-estate money is burning a hole in your pocket, be a vicarious owner. Choose a low-fee exchange-traded fund (ETF) that tracks an index of Real Estate Investment Trusts (REITs) and is diversified among commercial, industrial and residential real estate.

My favourite REIT ETF is the BMO Equal Weight REIT (ZRE) because it is a little less concentrated in three of the biggest names: RioCan, Brookfield Office Properties Inc. and H&R REIT. The other two options are iShares S&P/TSX Capped REIT (XRE) and Vanguard FTSE Canadian Capped REIT (VRE).

New regulations

Mechanically tenderized beef to be labelled

Canadian shoppers will be able to see if the beef they're buying has been mechanically tenderized. Labelling regulations to take effect Aug. 21 are designed to protect consumers after a huge meat recall two years ago.

Health Canada says beef that has been mechanically tenderized must have a sticker saying so.

THE CANADIAN PRESS

The buzz on pollinators

All eyes on Newfoundland as honeybee haven

Newfoundland's healthy honeybees are an increasing draw for researchers in the race to understand why colonies across much of the globe are struggling or dying off.

"There is definitely interest in what's happening here," said Dave Jennings, a director with the provincial Natural Resources department.

Honeybees are crucial pol-

linators for fruit, vegetables and other crops. But stressors blamed for decimating hives around the world include invasive parasites such as the Varroa destructor mite, climate change and the use of pesticides. There are no recorded cases of Varroa in Newfoundland, and the absence of massive corn and soybean farms means pesticides harmful to bees are hardly used, Jennings said.

The Canadian Honey Council has estimated that the bee population across the country has dropped by about 35 per cent in the past three years.

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PUBLIC STILL LEFT IN THE FOG

Last week, the Nova Scotia Utility and Review Board laid out the parameters of the first phase of its planned review of Nova Scotia Power's "state of preparedness and response" to hurricane-turned-post-tropical storm Arthur.

While the review is welcome, it is also clear the scope of at least this phase of the review, its tight timelines and the reality NSP is being asked to report on itself means we won't get quick answers to the bigger questions many of us have been asking about our power company's exponentially expanding inability to deliver dependable service to its customers.

Questions, such as ...

What have been the long-term service and maintenance impacts of transforming NSP from a pub-



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

licly owned utility into a lightly regulated private venture, and then into a shareholder-driven, cash-cow subsidiary of Emera, NSP's own unregulated creation, which bills itself as "an international energy and services company with roots in Nova Scotia, Canada?"

How much has NSP spent each year since its 1993 privatization — in inflation-adjusted dollars — clearing and pruning other vegetation hazards around its transmission lines? Compared to before 1993?

How much has NSP spent each year since 1993 on executive bonuses?

Whose bright idea was it to get rid of more than half of the utility's experienced, boots-on-the-ground linemen over the past 20 years? How has that improved vegetation maintenance and emergency repair service?

How is it that IBEW, the union representing NSP's linemen, far more accurately predicted Arthur's devastating impact on electrical service than did NSP's own executive vice-president of customer service?

Two days before Arthur made landfall, he claimed the company was "well prepared.... We have been monitoring this storm for days and putting our plans in place."

And, of course, what, precisely, is "salty fog" — that still mysterious NSP-designated cause of a series of significant power outages in 2006 — and could it have caused Arthur too?

We can't depend on Nova Scotia Power to answer these questions.

So, even as the first phase of the UARB review moves forward, the regulatory agency needs to commission an independent audit, not only of the power company's performance but also of its own role in regulating NSP/Emera and, of course, the curse of the salty fog.

THE OLD MAN AND THE KEY



Wally Collins, second from left, is congratulated after beating 130 other men to be crowned the 2014 "Papa" Hemingway Look-Alike Contest winner at Sloppy Joe's Bar in Key West, Fla. Collins, a Phoenix, Ariz. resident, won the title on his sixth try. ANDY NEWMAN/ FLORIDA KEYS NEWS BUREAU THE ASSOCIATED PRESS

The son also rises, but it's papa for the win in Hemingway lookalike contest

A white-bearded Arizona restaurateur has won Key West's annual "Papa" Hemingway Look-Alike Contest on his sixth attempt.

Wally Collins of Phoenix triumphed over 130 other entrants, including his son Matt Collins, late Saturday night at Sloppy Joe's Bar. The bar was a favourite of Ernest Hemingway during the 1930s. Competitors in sportsman's attire paraded before a

judging panel of former winners during two preliminary rounds and the finals, trying to prove their resemblance to the real Hemingway.

Collins, who also has researched the role concussions may have played in Hemingway's 1961 suicide, said he admired Hemingway's ideals and taste for adventure.

"I didn't have as many wives as he had, and I have a lot more children and grandchildren, but there are a lot of things that he stood for that I really like," Collins said.

Hemingway was born on July 21, 1899.

THE ASSOCIATED PRESS

Hemingway Days

The contest is part of the annual Hemingway Days celebration honouring the author who lived and wrote in Key West from 1931 to 1939.

- His home in the Florida city, where he wrote *For Whom the Bell Tolls*, is now a museum.
- The festival also includes a short story competition directed by Ernest's granddaughter, Lorian Hemingway, and a spoof on the running of the bulls in Pamplona, Spain.

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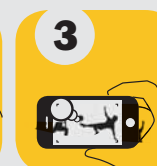
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MetroTube

Man 'lucky' to be hit by mattress truck



ANDREW FIFIELD
andrew.fifield@metronews.ca

In this space last week, we showed you a pretty scary accident that ended with a motorcyclist being thrown onto the roof of a vehicle after being rear-ended by another. Happily, he avoided serious injury.

More lucky is this gentleman, who found himself sideswiped by a truck while riding in Brazil — because if not for the cargo it was hauling, things could have been much worse. (EpicBulbTV Viral/ YouTube)



ISTOCK



Ebooks



Seconds

By: Bryan Lee O'Malley

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• • • • •



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Katie is a chef so drawn to the control of her kitchen that she's made her restaurant her home. She becomes tempted to replay her life when mysterious forces test her destructive impulses. The creator of Scott Pilgrim is on fire again with imaginative, dream-like visuals, likeable characters, and a tricky time-travel story masterfully told for a compulsive read.

Box office

Apes rule movie jungle, once again

Dawn of the Planet of the Apes topped the box office for the second-straight week with an estimated \$36 million, easily besting the horror thriller The Purge: Anarchy. In third place is Planes: Fire & Rescue, while Sex Tape failed to turn on moviegoers. **THE ASSOCIATED PRESS**

The Dirty Heads' summer bummer — gone too soon

Sound of Change.

New album heavy on reggae-rock vibe with a song detailing a short-lived summer romance

CHRIS CARPENTER
Metro in New York City

With August fast approaching, SoCal rockers Dirty Heads express their bittersweet qualms with the fleeting nature of the season on My Sweet Summer, the lead track from their fourth studio album, Sound of Change.

"I was doing a writing exercise where I was writing songs for other people and sending them out. Kenny Chesney and I were shooting emails back and forth, so I had started this country-ish, reggae-ish song," Jared "Dirty J" Watson, lead singer of the Dirty Heads, says about the early inception of Summer.

Chesney — arguably country music's reigning king right now — is a self-proclaimed super-fan of the Dirty Heads.

"I think country music is great; it's hilarious. I love the storytelling aspect," Watson says. "For somebody like Kenny Chesney to have touched so many people and have so many fans — obviously he's doing something amazing. For



Jared Watson and Dustin Bushnell of the band The Dirty Heads. GETTY IMAGES

him to play our music before his shows, that's just really cool. It's crazy. That whole 'barefoot, sand, Coronas' vibe

that he brings is like the country version of us. He's a very cool dude."

Of course, Summer, the way the Dirty Heads play it, doesn't exactly sound like a country tune. Inspired by the escape of summer — both literally and figuratively — Watson crafted the song around the departure of a summer romance.

AUGMENTED REALITY

→ Scan this photo with your Metro News app to hear how the Dirty Heads transformed My Sweet Summer!



→ See the full instructions on Metro's Voices page.

"When the idea of 'my sweet summer is gone' came and we [the band] nailed down the idea and the gist of the story that we wanted to tell, it was just about painting a cool picture. We knew that we had something special," says Watson.

Dirty Heads' most successful song to date came in 2010 with the acoustic surf tune Lay Me Down. The song reached No. 1 on both Billboard's Alternative chart and Rock chart.

"[Surf culture] tied into our music very heavily in the beginning. Now that we're grown men and have been doing this for 10 years and have seen the world, I think that this band is a lot more international and worldly," says Watson. "I think our new album is a little broader. It's so heavy on that reggae-rock vibe. It's something new."

Long past their days of crawling the country in a van, the band are currently on tour with Pepper and are playing select dates with 311.

"Touring in a van and not making any money for seven years made us who we were," says Watson. "We didn't care; it was all about the music. We knew it was going to pay off."

Bittersweet

"We knew that we had something special."

Jared "Dirty J" Watson, lead singer of the Dirty Heads describes crafting My Sweet Summer around the inspiration of the end of a summer romance.

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Casting. True Blood vamp Woll to play Daredevil's girlfriend in Netflix series

LISA WEIDENFELD
Metro World News in New York City

True Blood isn't even off the air yet, but cast members of the popular HBO supernatural drama are already booking new gigs. Deborah Ann Woll, who plays vamp Jessica Hamby on the show, will join the cast of Netflix's Daredevil show in the role of Karen Page.

It's the lead female part

on the new show, since Karen Page is Matt Murdock/Daredevil's longest-running love interest.

She'll be joining Charlie Cox (Stardust, Boardwalk Empire) who will be playing the superhero.

In the comic, Page is Murdock's secretary, and is introduced in the very first issue. But there is no word on whether she'll be in the same role in the show. Also starring in the

upcoming show are Vincent D'Onofrio as villain The Kingpin and Rosario Dawson in an as-yet-unnamed part that will probably be cool because Rosario Dawson is cool.

There's only one problem: Will Woll have to dye her trademark red hair? Page is drawn as blonde in the comic. Of course, Murdock himself is supposed to have bright red hair, so maybe they can just switch.



Deborah Ann Woll. GETTY IMAGES



Childless future not that far-fetched

The Lottery. Canadian-born actor David Alpay stars in Lifetime series about fertility crisis in the year 2025

Empty playgrounds and amusement parks foreshadow the eerie consequences of a future without children in the opening scenes of Lifetime's newest series The Lottery.

The dystopian thriller follows an unexplained infertility crisis in 2025 that has persisted for six years. This isn't an inconceivable scenario given recent events such as bee colony collapses and starfish die-offs, says actor David Alpay, who plays scientist James Lynch on the show.

"Humans could be next," says the Toronto-born Alpay. "Ten years is a huge amount of time in terms of what can happen chemically or environmentally."

Alpay, 33, says there is an appetite, especially among younger audiences, to talk about issues like the impact of drastic environmental changes in a contemporary context. He hopes that the The Lottery, which premieres Sunday, will provide a way into that conversation.

The 10-episode series was created and written by Timothy J. Sexton, who wrote the 2006 film Children of Men.

Faced with the potential demise of the human species, a breakthrough by Alpay's



David Alpay plays James Lynch alongside Marley Shelton's character Alison Lennon on The Lottery. CANADIAN PRESS

Toronto actor is the real deal

In his role as a scientist, David Alpay gets to put his U of T biology degree to good use.

• "You know there is someone out there in his underwear watching the show saying, 'Hey, that doesn't make sense,'" says

Alpay. "I want to limit that as much as possible."

• It was while he was at the U of T that Alpay landed a key role in Atom Egoyan's 2002 film Ararat, for which he earned a Genie nomination.

character and his boss Alison Lennon (Marley Shelton) that successfully fertilizes 100 embryos grabs the attention of the U.S. government, who swoop in to take control of their lab.

As President Thomas Westwood (Yul Vazquez)

grapples with how to manage this discovery, his chief of staff, played by Canadian Athena Karkanis, suggests the embryos be assigned through a countrywide lottery. The result of this lottery is "dark and kind of crazy," says Alpay.

The pilot hints at the

chaos caused by competing interests and political fallout, and includes flashes of angry riots.

This makes it a "visceral and understandable version of the future," says Alpay.

"All around us, things are burning and falling apart," he says. "We are so privileged not to have to see that on our doorstep, but it exists. It's right outside basically at our neighbour's house."

The series also follows Kyle Walker (Michael Graziadei), a single father of one of the last children to be born, who gets by financially by making house calls to hopeful women seeking to get pregnant.

THE CANADIAN PRESS

The Fall. Killer in sights early in second season of BBC murder mystery

Gillian Anderson has the killer in sight in The Fall.

A first teaser for the second season of the British TV series, which will be released in the fall on BBC Two, has just been unveiled.

Starring Gillian Anderson (The X-Files) and Jamie Dornan (the upcoming 50 Shades of Grey), the drama follows a police officer played by Anderson who came to investigate a series of murders of young women in Northern Ireland.

The killer's identity is quickly unveiled to viewers: he is played by the future Christian Grey, Jamie Dornan.

And he appears to have an obsession with Anderson's character, judging from the first 50 seconds on BBC Two.

Broadcast in May 2013, the five episodes of the first



Gillian Anderson in The Fall.

CONTRIBUTED

season gathered 3.3 million viewers on average. The drama is also on Netflix.

No date has been given for the release of the six episodes of the second season, which will also feature Colin Morgan (BBC's Merlin). AFP

The CW network

Supernatural stars stoked about season 10

Supernatural stars Jensen Ackles and Jared Padalecki say the TV series they started nine years ago remains just as fun today as it did at the beginning.

"We still get excited about it," Ackles said. "I remember getting the last script of season nine, I got all giddy about it. I was excited to see what happens in season 10. As long as there's still that fulfillment ... we will keep going."

Padalecki added, "I think we know the show enough and our characters enough that if there's an end coming I think we'll all see it." ASSOCIATED PRESS

James Garner

Maverick and Rockford Files star dies at 86

James Garner, the star of Maverick and The Rockford Files, has died at the age of 86, TMZ reports.

Garner made his name on television as the wry, laid-back gambler and gun slinger Bret Maverick in the 1957-60 cowboy series.

He also starred as James Rockford, a witty and resourceful private detective in the 1974-80 series The Rockford Files.

He appeared in movies like The Great Escape, The Americanization of Emily, Victor Victoria, Murphy's Romance, Space Cowboys and The Notebook. AFP

Right cast is Sex Tape's key to success

In theatres. Ellie Kemper puts the comedy first in Columbia Pictures' new release *Sex Tape*



NED EHRBAR
Metro World News in Hollywood

Ellie Kemper, of *The Office* and *Bridesmaids* fame, knows how to steer a conversation. When talking about the awkward questions that come up about a film called *Sex Tape* — in which she plays the friend of a couple (Cameron Diaz and Jason Segel) who actually makes one — things quickly got weird.

You're probably fielding a lot of inappropriate questions because of the theme of this movie, huh?

It didn't really occur to me, stupidly, until today — "I guess there are going to be a lot of questions about sex tapes, aren't there?"

"They haven't been too bad. I haven't made any sex

tapes so I haven't had to bring any up.

That's convenient.

That's very convenient. I planned that. But it hasn't been too bad. There's been some questions about sex tapes in our culture, but I don't have such great insight into that. It's mind-boggling. I think some people want them to be leaked, and that's one thing. But if you are doing something like that and you never want anyone to see it, then you shouldn't do it in the first place.

You've been doing well in comedy, going from *The Office* to *Bridesmaids* to this. Is there a plan in place for you?

When you are starting to perform, you think, "I would love a job that pays." And it seems strange to ever say no to any project that comes up, but I think the general idea that I have right now is to keep doing projects that involve great people, because it's a proven recipe



Annie (Cameron Diaz) and Jay (Jason Segel) discover Robby (Rob Corddry) and Tess (Ellie Kemper) have watched the video they made in *Sex Tape*. HANDOUT

for success. So if there's someone you want to work with, it doesn't totally matter what the content is, because it will always yield a better experience and a better product.

Do you see yourself moving out of comedy in any way?

I hope this doesn't make me shallow, but I don't totally have an interest in doing that right now. I love comedy. I think it's a lot of fun, and I have fun doing it so I don't feel like I want to be doing that just yet. But maybe in the second half of my life I will turn all drama

all the time. We'll see.

So you know exactly when the midway point of your life is?

Yup. I'm actually living to 104, so when I'm 52 it's only going to be serial killers and rapists for me. But they still retain a youthful air.

To tweet or not to tweet?

Socializing media

- **You're not on Twitter, are you?** "I'm not, and it's sort of a conscious decision. People have suggested it. I know how I react to things, and I worry I wouldn't be able to handle Twitter. I might be too sensitive and I might get too obsessive. It's a wonderful platform, I just think I would get too involved and it might upset me. It takes up a lot of time and I think I would not be able to put it away for the night, if that makes sense," says Kemper.
- **Better to keep your sanity.** "Yeah. Every now and then I'll be doing something and I'll think, 'I would like to tweet that!' But then I think, 'Ugh, but then you'd have to tweet again in an hour, and it would never end.' No. No more."

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David Lynch premieres *Twin Peaks* box set

Damn good release.

Cult favourite TV series set in Northwest U.S. gets long-awaited release with extras

The cult classic series and its film prequel were given an unusual Hollywood premiere as L.A.'s Vista Theatre showed deleted scenes from the two David Lynch projects.

It might not have met standard expectations for a movie premiere, but who wants that when a director like David Lynch is involved?

Rather than comment directly upon two of his best known works, both set in the forested Northwest U.S., a minute-long introductory speech saw Lynch extol the qualities of wood.

Fan site Welcome To Twin Peaks provides a full transcript of the speech, supplementing an attendee's video recording:

"There is an abundance of fish in the sea. But tonight, I would like to speak about wood. There are many times



David Lynch. AFP

in the world when the phone rings and someone is inquiring about wood."

"This happens primarily at lumber yards and in this case, it's necessary to have a phone. It is only natural that trees are growing and that they are made of wood."

"Much happiness can come from observing a tree and the same can be said about observing the many shapes fashioned out of wood. Quite often when we are talking about beauty, we are talking about wood. Thank you very much!" AFP

Andy Samberg. Comedian says there is life after starring on SNL

Andy Samberg wants ousted Saturday Night Live cast members to know there is life after the comedy show.

Brooks Wheelan tweeted earlier this week that he had been fired from the NBC sketch comedy series. A source familiar with casting but not authorized to speak on the record told The Associated Press that he would not be returning in the fall. Talking to journalists last Wednesday at a Television Crit-

ics Association set visit for Fox's Brooklyn Nine-Nine, Samberg said, "If you were hired ... there's something good going on with you."

Samberg was a featured cast member on SNL from 2005 to 2012. The 35-year-old returned to guest host earlier this year after winning the Golden Globe Award for best actor in a television series musical or comedy for Nine-Nine. He said the only differ-

ent thing about hosting was that he didn't worry about being cut from the episode.

Samberg is happy to be back in California to film Nine-Nine because he was raised in Berkeley. He also says it's better for his marriage (he wed musician Joanna Newsom last September).

"The schedule (now) is much better. ... SNL is notoriously bad for a relationship," he said.

THE ASSOCIATED PRESS



Andy Samberg. TYLER GOLDEN/FOX



Bob Saget sat right down and wrote his inner child a cleansing memoir

Full House rules. Comedian gets real about tarnishing his Danny Tanner family-man image with dirty standup schtick

Something titillating occurs when the stand-up comedian who endeared himself to TV audiences in the 1990s as the wholesome patriarch on Full House tours the festival circuit after decades of freestyling his particular brand of silly-dirty humour.

"They do take whatever controlled substances as these events go, and that's when my name from the past comes into play," Bob Saget joked in a recent interview. "They go, 'Oh my god, you're Danny Tanner,' and then I go, 'Yes I am, please put your shirt down, miss.'"

Saget, 58, has pushed his career forward with crass laughs in the years since he also played the host on America's Funniest Home Videos.

But when pressed on the drugs issue in relation to his performance this Saturday at the Pemberton Music Festival, north of Vancouver, it's his inner parent who responds.

"I don't condone it, I don't want to see anybody get hurt, I want everybody to have a good time," said the real-life father of three, noting he just wants his audience to have the best time possible.

Saget will share the Laugh Camp stage at the festival's relaunch with a gut-busting lineup of a dozen or so comedians that also includes Tom Green, Lisa Lampanelli and Norm Macdonald. Dozens of bands, including headliners Soundgarden and Kendrick Lamar will also perform this weekend.

Saget's hour-long set will be a "best of" showcase, he said, where he'll "scat" stories, rib the audience and perhaps make the crowd sing along with a tune he popularized at Montreal's Just For Laughs Festival.

Over the past year, Saget has toured across the United States, Australia and six Canadian provinces.

This time he is also promoting his memoir, released in April, called Dirty Daddy: The Chronicles of a Family Man Turned Filthy Comedian.

The account, he said, is "about as honest



Bob Saget COURTESY NATALIE BRASINGTON

Crass course in comeuppance

Saget intentionally sullied his image with roles in Entourage and The Aristocrats following the family friendly shows that made him a household name. He said the book wasn't so much an attempt to reinvent himself yet again as it was a "heart" exercise that was his immature way of "getting my comeuppance."

- His three adult daughters and their mother, from whom he is divorced, all loved the recounting, he said.
- "It was a little sketchy for (them) at first, because it was a shocker," he added, noting they expressed joy at forgotten memories and wonder over life details they never knew.
- "It was an outpouring for me, in my narcissistic writer's bubble. It was an empathetic kindness that I hadn't felt for a long time, because I laid myself out there.
- "That was the nicest part about it. Even my ex-wife said, 'Oh, I get you now. I understand that.'"

as I've ever been with anything." It describes a life peppered with death: Four siblings, three uncles, Saget's father and, just before she had time to read the whole thing, his mother. Saget said he hopes the book

underscores that no matter how bad life can get, comedy can be the salve. "When there's humour in that conversation," Saget said, "it really does diffuse the moment. And it creates compassion, also, which can help a

person feel like a person amidst some of the most horrific things that they go through." When asked whether Saget, a man who has sought success through contrasting faces, understands

himself now, he didn't joke. "Oh, I definitely do," he said. "I'm a silly comedian. I'm not a dirty comedian as much as I am a silly comedian. I laugh at stuff that a 10-year-old enjoys."

THE CANADIAN PRESS



Silly-dirty humour

"I'm a silly comedian. I'm not a dirty comedian as much as I am a silly comedian. I laugh at stuff that a 10-year-old enjoys."

Bob Saget

Cattrall makes comedy out of crisis

Mid-life misadventure. Kim Cattrall tackles the uncomfortable issues of aging in her new series, *Sensitive Skin*

RICHARD
CROUSE
scene@metronews.ca

Years before Kim Cattrall found international stardom as Samantha Jones, the brash best friend of Carrie, Miranda and Charlotte on *Sex and the City*, she learned a valuable lesson from a Hollywood legend. The 24-year-old actress was starring opposite Jack Lemmon in *Tribute*, a film version of the Broadway show that earned Lemmon a Tony nomination.

Lemmon had dozens of credits, including classics like *Some like It Hot* and *The Apartment* under his belt and two Oscars on his mantelpiece at home.

"How do you have longevity?" she asked the veteran actor.

"Take things that scare the pants off you," he replied.

It's advice she took to heart, particularly when approaching her new project, *Sensitive Skin* for HBO Canada.

"I think for me to bring this story to North America was the scariest thing," she says. "Hanging in there and really trusting my instincts because I doubted them sometimes. I put it on the shelf and I walked away but I kept coming back and I think the thing that kept me coming back was the fear of it."

"I could go on playing Samantha for the rest of my life but I wouldn't be very happy. I wouldn't be advancing in any way. This was really hard sometimes and it did scare me daily on the set. I never had children but I can imagine it's like having a child, or going through the gestation period. Instead of nine months it was



Don McKellar and Kim Cattrall star as a couple trying to stave off their midlife crisis in *Sensitive Skin*. HBO CANADA

almost nine years and you go through periods of real doubt and self-doubt."

Returning to television for the first time since *Sex*

and the *City*, Cattrall plays Davina, a woman on the verge of a mid-life crisis who, along with her husband Al (Don McKellar), shakes the

cobwebs off her suburban life by moving downtown.

"It's the change of the guard, isn't it? I'm starting to play characters who are of

a certain age and it is a feeling of, 'Am I really ready for this?' Holding onto yesterday instead of embracing whatever this is," she says.

The show not only focuses on Davina and Al — "One of the things I'm most proud of is that you really believe Don and I are a couple," she says. — but also Toronto, the city they call home. She credits McKellar, who also directed the series, with capturing the look and feel of Hogtown.

"He's made Toronto look like the city it is," she says. "Which is very difficult to capture. Because he has lived there his whole life, we were shooting in neighbourhoods the crew didn't even know about. It's so diverse. The city is almost a character as well. We've really given Toronto a midlife crisis too."

When to watch

Sensitive Skin airs Sundays on HBO Canada at 8 p.m. ET/MT.

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Lindsay Lohan ALL PHOTOS: GETTY IMAGES

Award makes this Lohan comeback a little more legit, right?

Lindsay Lohan really has it easy sometimes. No, wait. Hear me out. Lohan's career as a "celebrated" actress comes from one film, Mean Girls, that came out 10 years ago. Since then, the films she's actually managed to show up for have been disappointments and duds, yet she's still held on to the promise that Mean Girls created. And now she's been feted at the Ischia Global

Film & Music Festival with the Ischia Comeback Award simply for signing up to do David Mamet's Speed-the-Plow on the West End. Seems a bit premature, since she's not even in rehearsals yet, but whatever. She's back! Again! Come to think of it, every time Lohan has signed up to do anything, it's considered a comeback. Maybe she deserves the award after all.



Twitter



@samantharonson

Twitter Tourette's Syndrome is not a thing. You signed on, typed it up, hit send. Own it.



@lenadunham

My favorite part of having a cold is probably the sweaty, unyielding dreams that my family and friends have abandoned and ostracized me <3



@SarahKSilverman

I have Angelina Jolie's lips, it's just that they're in my underpants

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Aguilera party finds new meaning for birthday cake



STARGAZING
Malene Arpe
scene@metronews.ca

An American attempts to claim 800 square miles of land in Northern Africa so that his daughter can be a real princess. "Whatever," says Veruca Salt.

Ariana Grande's Nickelodeon show Sam & Cat is cancelled. I don't understand all of those words, but I do know it sucks when my cat knocks over my grande latte, so condolences?

Blake Lively is launching a lifestyle website called Preserve. It will feature 1) Canning tips. 2) Essays on conservation of heritage buildings. 3) A tribute to the Preservation Hall Jazz Band. 4) A screed against Butylated hydroxyanisole and L-cysteine. 5) Cute pictures of expensive shoes.

Marvel Comics introduces female Thor. Space does not allow me to elaborate on the sexist weirdness of a "strong female character" having to spring from a long-established male character, so I'll just say "blergh." Also, the only time Thor transformed into a woman was when he went to Jotunheim to trick the giant Thrym into



returning his hammer by pretending to be Freya and Loki said (that's more than enough. - ed.)

Sotheby's and eBay are teaming up for live online auctions. Thus finally bringing together moneyed socialites and collectors of old safety pins, antique photos of people who aren't their relatives and rusty street signs.

Lindsay Lohan promises to behave when she stars in Speed-the-Plow in London. "How crazy would I be," she asked, "jeopardizing my chance to spend 10 weeks doing speed?"

Christina Aguilera's baby shower reportedly featured a cake that had as decoration a woman on a rug birthing a baby whose head was "poking out". That explains the new Slimband slogan: "Almost as good at completely destroying your appetite as accidentally attending Christina Aguilera's baby shower."



Cosby confessions: Theo had a crush on Denise

This may not sit well with you, but Malcolm-Jamal Warner has revealed that while making the Cosby Show, he had a major crush on his on-screen sister, Lisa Bonet. "We were so close in age," Warner tells Access Hollywood. "But, you know, I never had a shot. You just

know. At 13, 14, you know when you have a shot or not, even at that age." As for where he stands today with Bonet, who is married to Game of Thrones star Jason Momoa?

"She's cool," Warner says. "Lisa and I, we've always been very cool."

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TOP SIX @ 6

Weeknights at 6 K8 counts down the HOTTEST songs of the day

- 6 Mike Boyd 1 Hit Wonder
- 5 Pharrell Williams Come Get It Bae
- 4 Demi Lovato ft Cher Lloyd Really Don't Care
- 3 Maroon 5 Maps
- 2 Disclosure ft Sam Smith Latch
- 1 Ariana Grande ft Iggy Azalea Problem

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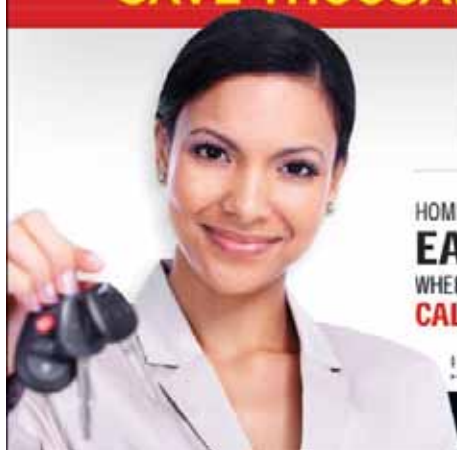
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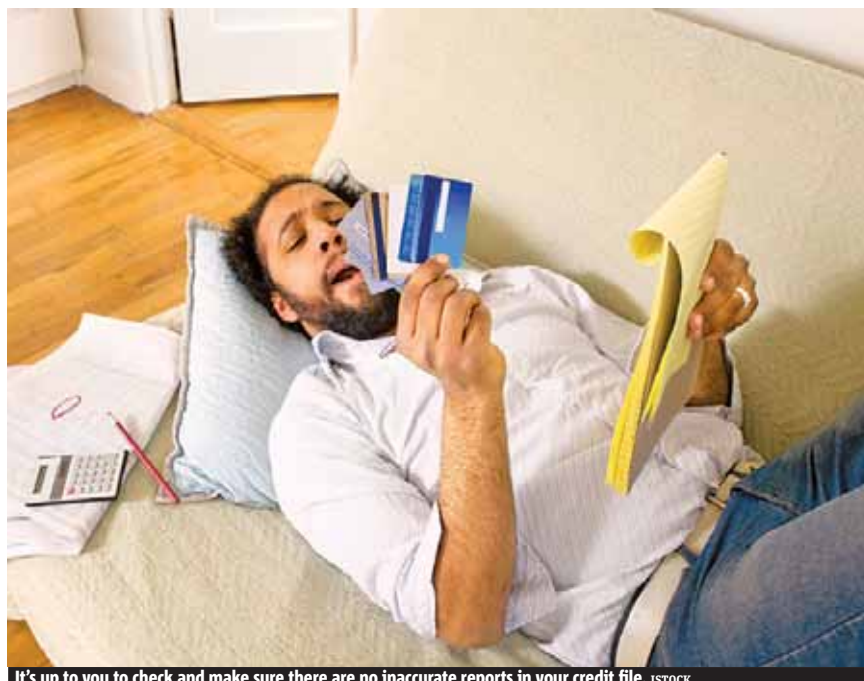
GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Have you checked your credit file recently? You should.

Your credit file contains a listing of debit and credit payments and it includes public record information about how promptly you've paid bills, along with all the yucky stuff like collections, judgements and bankruptcies.

Typically credit agencies will keep a record of accounts that were paid and have no negative history for up to 20 years or for as long as you have a relationship with the company with which you did business. If you cancel an account, the credit agency has no way of maintaining a current and accurate credit file so they often delete credit information. That's why when you cancel a credit card the credit history that goes with it disappears. If you have a long history with a credit card supplier and want to stop using that card, cut it up but don't cancel the account until you've established a credit history on a new card.

Most people don't realize that when a business makes an inquiry — when it checks your credit — that inquiry not only affects your credit score, but it stays on your file for one to six years depending on the type of inquiry.



It's up to you to check and make sure there are no inaccurate reports in your credit file. ISTOCK

Annual credit check-up

Check your credit files at least once a year to ensure the information is correct.

- Send a written request to one of the two major credit bureaus in Canada: Equifax Canada Inc. or Trans Union of Canada Inc.

- More information can be found online at equifax.ca and transunion.ca.

- There is no charge for this service if you ask for your record by mail.

Some credit-reporting agencies report the lenders' rating of each of your credit history items on a scale of 1 to 9. A rating of "1" means you pay your bills within 30 days of the due date. A rating of "9" means that you never pay your bills at all or that you have made a consumer debt repayment proposal to the lender. A letter will also appear in front

of the number: for example, I2, O2, R2. The letter stands for the type of credit you are using.

"I" refers to an installment loan, such as for a car loan, where you borrow money once and repay it in fixed amounts, on a regular basis, for a specific period of time until the loan is paid off. "O" refers to open credit such as a

line of credit, where you borrow money, as needed, up to a certain limit and the total balance is due at the end of each period. "R" refers to revolving credit, on which you make regular payments in varying amounts depending on the balance of your account, and can then borrow more money up to your credit limit. Credit cards are revolving credit.

If you've mucked up your credit, know that the record of your financial indiscretions will remain on your file for all who inquire to see for up to six years after you diddled around and defaulted on the account.

If you go through a debt repayment program, like one offered through credit counseling, the record will be removed from your file two years after you finish paying off your agreed upon amount,

or six years after you defaulted on the account, whichever comes first. If you do a consumer proposal, the proposal and all accounts reported as satisfied through the proposal are removed from your file three years from the date you satisfied the proposal.

The amount of time a bankruptcy stays on file is dependent on where you live. Typically, if you live in B.C., Yukon, N.W.T., Nunavut, Alberta, Saskatchewan, Manitoba or Nova Scotia, the record will stay in place for six years from the date of discharge. In Ontario, Quebec, New Brunswick, P.E.I. and Newfoundland and Labrador, it stays on record for seven years from the date of discharge. However, if you've gone bankrupt more than once, each will remain on your file for 14 years from the date of discharge of each bankruptcy.

If you get a judgement against you, the same rules apply as with bankruptcy except for P.E.I., which keeps the record on file for ten years.

If you've been sent to collections, the record will be removed from your file six years after the date you defaulted on the account with the original creditor.

So if some collector calls you up after six years and says they're trying to collect on the debt, they have no recourse and you can blow 'em off. Your record is clear.

The longer you exhibit good credit behavior by paying your bills on time and managing your credit wisely, the more your credit rating will improve, until you once again achieve a favorable credit rating. And if you've got a good rating that's been marred by inaccurate reporting, it's your job to fix it.

Love or lust? Eyes will tell

Does your date see you as a potential soul mate or an object of lust? Gaze patterns — more specifically where he or she looks — could help you find your answer, according to researchers at the University of Chicago.

They say that glancing at the other person's body could indicate sexual desire, while focusing on the eyes and face is an indicator of love and such judgment reveals itself rapidly.

"Although little is currently known about the science of love at first sight or how people fall in love, these patterns of

response provide the first clues regarding how automatic attentional processes, such as eye gaze, may differentiate feelings of love from feelings of desire toward strangers," says lead author Stephanie Cacioppo, director of the UChicago High-Performance Electrical Neuroimaging Laboratory.

Co-author John Cacioppo, director of the Center for Cognitive and Social Neuroscience, says the study indicates eye tracking could be useful in the field of psychiatry and more specifically in couples' therapy.

AFP

Meta study

Practice will make you better — but perfect? Not likely

Researchers from Rice University, Princeton University and the University of Michigan teamed up to conduct a meta-analysis of 88 previous studies that debate the age-old question of whether practice makes perfect, concluded that although practice is unlikely to make perfect for all but a select few, it will improve anyone's game. **AFP**



ISTOCK

Be at om with others

Namasté social anxiety away

Researchers at Queens University challenged the common association of yoga and other exercise-based relaxation activities with relief from tension, stress and anxiety, concluding they can be beneficial to those with social anxiety.

The study found such activities are quite literally able to change people's perception of the world, reducing threatening and negative feelings. **AFP**

Battle of the sexes

Let's talk about who does it more

Researchers from Northeastern University in Boston attacked the stereotype that women are more talkative than men, finding that different group settings yield different results. "It's a very particular scenario that leads to more interactions. The real story here is there's an interplay between the setting and gender which created this difference." **AFP**

3
THE

Money 101. Two couples, one year to make them richer

Never been so happy — and so rich



Since January, two Canadian couples have taken on the challenge to completely change their financial future. Together, we have worked on budgets, debt reduction, retirement planning, home-buying and financial planning. Both couples have risen to the challenge and have collectively improved their net worth by more than \$50,000. Follow @LesleyScorgie and cheer these couples on as they work to achieve their goals. — *Lesley-Anne Scorgie*



Anne-Marie's and Peter's cash flow has decreased lately as the couple deals with nursing challenges. SHUTTERSTOCK

Anne-Marie and Peter

Parenting has brought Anne-Marie and Peter tremendous joy this past month, despite a few feeding and sleeping challenges. Adding to their glee is a growing bottom line. In particular, a strengthening stock market has contributed to a large increase in the value of Anne-Marie's defined benefit pension — more than 25 per cent since January. While on parental leave, she will continue to participate in her plan, adding to the value, but this will eat into the couple's maternity budget.

Anne-Marie's and Peter's cash flow has taken a bit of a hit lately as the couple deals with nursing challenges. The cost of feeding consultants and prescriptions has totalled close to \$1,000, but Anne-Marie, in particular, feels the issue is nearly resolved. To afford these medical expenditures, the couple paid \$1,000 less toward their debts this past month and will keep their receipts for tax time as they may qualify for tax credits. Overall, these unexpected expenses have reinforced the need for building emergency funds going forward.

For the remainder of the year, the couple will endeavour to become debt-free. They still owe \$5,200 on their low-rate credit card and \$2,800 on their vehicle loan. Spread

Anne-Marie and Peter recap

- | | |
|--|--|
| • Location: Toronto | and are committed to paying off debt |
| • Ages: 37 and 33 | |
| • Occupations: Broadcasting and sports editing | • Rent or own: Rent |
| • Total household income: \$110,000 | • Top goals for 2014: Pay off debt; start an RESP; and start saving a down payment |
| • Life stage: First child arrived in May | • Current net worth: \$93,850 |
| • Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, | • Homework from last month: Evaluate balanced investments and plan to set up an RESP |

equally over the next five months, that's approximately \$1,600 per month. The challenge will come when Anne-Marie's parental leave "top-up" from her company ends in October. So they are making hay while the sun is still shining.

Due to a high volume of new parent commitments, the couple is yet to set up their daughter's RESP, so this is the first part of their homework this month.

At the same appointment with their investment adviser, they will also be choosing different and better suited investments for their RRSP

portfolios. Anne-Marie and Peter are still interested in low-fee mutual funds suited to their medium-risk investment profiles due to the fact these funds are professionally managed and offer an opportunity for diversification. Once their investment acumen improves, they will consider more traditional investments like stocks and bonds.

Homework:

Anne-Marie and Peter will set up their daughter's RESP and change their investment holdings.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.



Carolina and Jose are looking forward to decorating their new townhome. SHUTTERSTOCK

Carolina and Jose

Carolina and Jose have officially settled into their new townhome and credit three reasons for why they are so happy.

First, for the first time in their lives, they have a forced mechanism to save money through building equity in a home they own. Through bi-weekly mortgage payments of approximately \$590 and a five-year, fixed rate of 2.99 per cent, a huge chunk of Carolina's and Jose's payments are going toward equity rather than interest.

Second, their home is theirs to do with as they wish. They have been dreaming about what features, such as paint and light fixtures, they would eventually like to upgrade.

But before they get ahead of themselves, Carolina's and Jose's homework is to create a list of what they would like to improve, by when and the cost. This will help balance out their home improvements so they give themselves enough time to save up rather than charge to their credit card. Luckily, they have already been able to avoid one meaty home maintenance item — a new water heater, which was replaced by the former owner.

Third, their three girls are adjusting well and making new friends — a priceless benefit.

This month, the couple is

Carolina and Jose recap

- | | |
|---|---|
| • Location: Calgary | home, are very frugal and have no retirement savings |
| • Ages: 33 and 32 | |
| • Occupations: Stay-at-home mom and safety co-ordinator | • Rent or own: Own |
| • Total household income: \$62,000 | • Top goals for 2014: Pay off debt; buy a house; and visit family |
| • Life stage: Three daughters aged five, three and one | • Current net worth: — \$6,500 |
| • Financial savvy: Medium — they have established a budget, purchased a | • Homework from last month: Work through their 60-day new homeowners' checklist |

shifting gears toward their next great financial challenge — debt repayment. They owe \$6,800 on their line of credit and make payments of \$100 per month. They also owe \$14,700 in student loans, of which they pay nothing toward due to relief through a student loan payment assistance program.

Their debt repayment plan starts with a revised budget, taking into account their new home and an understanding of how much they can afford to pay each month. Thus, Carolina's and Jose's second homework item this month is to revise their budget.

To further reduce their debt, Jose is considering selling his 15-year-old car and putting that money toward their debts.

He no longer needs his vehicle because his work supplies him with a truck.

Ideally, the couple wants to strike a balance between becoming debt-free while sprucing up their new pad.

Homework:

Carolina and Jose will create a list of home improvements and a revised budget.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

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It's time to revive the planking craze



**TOTAL
TIME
ABOUT 20
MINUTES**

This recipe serves four. LORELLA ZANETTI

Cedar Planked Salmon with Maple Glaze. This fish makes a perfect partner for the barbecue and contains healthy fats



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

When it comes to summertime cooking, the barbecue is the easiest, most enjoyable and social way to cook.

Salmon is my number one fish for the "barbie," but cooking it on a cedar plank is so much more flavourful.

You can purchase the thin wooden planks in your grocery store where fish are sold. Soak them in water for at least 20 minutes to prevent burning. For an alternative cooking option, feel free to bake your salmon in 425 F oven for 10 minutes per each inch of thickness.

I prefer to use organic salmon as a precaution against

Ingredients

- 1/4 cup pure maple syrup
- 2 tbsp low-sodium soy sauce
- 1 tbsp water
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 2 tsp cornstarch
- 2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- Four 4-oz skin-on salmon fillets
- 2 tsp sesame seeds
- 3 tbsp chopped cilantro or parsley

mercury and other pollutants that can be in our fish.

Salmon, a fatty fish, is an excellent source of omega-3 fatty acids. It's proved to be beneficial in the treatment of osteoarthritis, cardiovascular health and in decreasing the risk of macular degeneration.

I also use the maple syrup sauce over grilled chicken, pork or tofu.

Directions

1. Preheat barbecue to 425 F and either spray a cedar plank or grill with vegetable oil.

2. Whisk maple syrup, soy sauce, water, vinegar, oil, cornstarch, garlic and ginger together in a small saucepan. Cook the mixture over medium heat until thickened and smooth,

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about 2 minutes. Remove from heat. If too thick, add water.

3. Place salmon, skin-side down, on plank or grill. Brush top half of salmon with some sauce. Sprinkle with sesame seeds. Cover grill and cook 10 minutes per inch of thickness or until the fish flakes easily when pierced with a fork.

4. Garnish the finished salmon with cilantro and serve on the cedar plank with the remaining sauce on the side.

Post to present: A new era of etiquette

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**LAKSHMI
GANDHI**

Metro World News

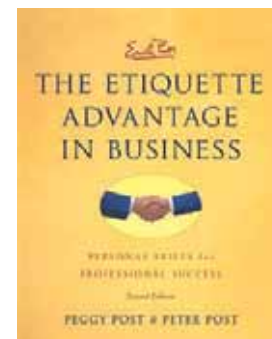
Emily Post made a name for herself in the early 1900s as a

world-renowned expert on etiquette and manners, advising readers on everything from making polite conversation to the right way to host an afternoon tea. Several generations later, her descendants are continuing her legacy with a 21st century twist — by advising people on life in the digital age.

The family has just released the third edition of their book Emily Post's The Etiquette Advantage in Business.



Lizzie Post, great-great-granddaughter of Emily Post, is providing Ps and Qs training to today's professionals. HANDOUT



Post. "You can always tell a co-worker, 'I had to make a decision and I decided not to mix my work and personal lives.'"

Should you accept that LinkedIn request?

With the popularity of LinkedIn, it's common to get all sorts of connection requests from everyone from elementary school friends to your neighbours. "I don't respond to people on LinkedIn that I don't know well or that I haven't worked with closely," says Post of her own personal policy. "For people like high school friends, unless I know your work, I decline the request."

What if you really don't want to write that LinkedIn recommendation?

"I don't recommend friends," says Post. "It's one thing to be friends with you, but that doesn't mean that I know how you work. With endorsements, it's a bit different. If I have seen your blog and have read your book, then I feel like I can do it."

Post says to remember that saying no is always an option.

think hard about whether you want to add your co-workers. "While typically most of us have always bonded with our co-workers, it's really different today," Lizzie Post points out. "Previously, it was very controlled in what you allowed your co-workers to see [in your life outside of work]. But now you are not just letting them see your photos, you are also letting them see the conversations you are having with other people."

Post notes that letting someone into your personal online space is a private decision and reminds everyone that they are in charge of the process. "You have to decide what works for you," says

While it's been less than a decade since the last book was released, the Posts say that because the business world has changed so rapidly in recent years, it can be tough to navigate it all.

"It's kind of unbelievable the leaps and bounds we have made in just the last few years

and how much digital usage has increased," says Lizzie Post, Emily's great-great-granddaughter. We asked Post for her take on several modern social media dilemmas many of us face in the workplace.

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Hungary

Nova Scotians hold their own at canoe championships

Dartmouth canoers made waves at the recent 2014 ICF Canoe Sprint Junior and U23 World Championships in Szeged, Hungary.

Adam Tenwolde claimed eighth place in the final with his U23 men's K4 1,000-metre crew, along with Pierre-Luc Poulin of Lac Beauport, Que.; Brian Malfesi of Maple Ridge, B.C.; and Étienne Beauchesne of Trois Rivières, Que., a CanoeKayak Canada news release said Sunday.

Additionally, Olivia Denman finished ninth in the junior women's K1 200-metre final, while Jason McCoombs ranked 10th overall by winning the B final of the U23 men's C1 200-metre race.

Katie Vincent of Mississauga, Ont., won a gold medal in the junior women's C1 200-metre event at the world championships.

Go to www.canoeak.ca for full results. **METRO**

Stock car racing

Flemming wins 2nd IWK 250 event

John Flemming captured his second IWK 250 crown Saturday at Riverside International Speedway in Antigonish.

The Halifax driver snuck by Donald Chisholm on a restart in the final three laps, a Maritime Pro Stock Tour news release said.

Chisholm had led for 218 laps but had to settle for second on his home track.

Cole Butcher of Porters Lake claimed third, Shawn Tucker of Fredericton, N.B., took fourth place and George Koszkulics of New Glasgow rounded out the event's top five.

Flemming kicked off his successful day by winning a Dartmouth Dodge Heat Race, the release said.

Saturday's IWK 250 was dedicated to the memory of track owner John Chisholm, who died July 4 at 68-years-old.

The Parts for Trucks Pro Stock Tour is back in action Aug. 2 at Oyster Bed Speedway in Prince Edward Island. **METRO**

Whitford bros. bag berths at nationals

Box lacrosse. Bedford siblings all travelling to B.C for Canadian championships

KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

The Whitford brothers of Bedford hope to score the ultimate hat trick when they travel to British Columbia next month for the 2014 National Box Lacrosse Championships.

Or in other words, bring three gold medals home to Nova Scotia.

Sixteen-year-old Logan will be wearing the blue and white at the midjet level, 14-year-old Zachery will be competing in bantam and 12-year-old Jordan will be wielding a stick with his peeewee team at nationals Aug. 4-9 in Coquitlam and New Westminster, B.C.

"It's special because I get to be with my brothers," Jordan said Sunday of representing the province alongside his older siblings, during a brief break from passing the ball around on the waterfront.

All three Whitfords have been practising and training pretty much non-stop in preparation for the upcoming national championship.

"It's probably like two hours every day," Zachery said of what it takes to play with their provincial teams.

The brothers play hockey throughout the winter, and like lacrosse because it's a similarly physical sport that they can



Bedford brothers Jordan Whitford, 12, Logan Whitford, 16, and Zachery Whitford, 14, will all be representing Nova Scotia at the 2014 National Box Lacrosse Championships, which take place Aug. 4-9 in Coquitlam and New Westminster, B.C. **KRISTEN LIPSCOMBE/METRO**

play in the warmer months. "It's a rough game," Logan said. "There's a lot of intensity in it."

"I like it because it's competitive," Zachery added.

The athletic trio are quick to point out that lacrosse — not hockey — is Canada's official sport.

They say it's quickly gaining popularity, both across the province and the country.

"I wanted something else to do in the off-season," Logan said of originally signing up for lacrosse to help him stay in

Pave the way to B.C.

To donate to the Whitford brothers on their journey to the 2014 National Box Lacrosse Championships, email their father Scott Whitford at whitty@eastlink.ca.

shape for hockey. "I enjoyed it, so I wanted to stick with it and get better."

Zachery and Jordan quickly followed in their older brother's footsteps, registering the very next season.

"They've all represented Nova Scotia previously at nationals in Whitby, Ont.," proud mom Kelli Burgess said of her three boys, emphasizing their dedication not just on the field,

but also in fundraising their own way there.

Their trip out west costs about \$3,500 each, which has meant holding auctions, bottle drives and barbecues, and even knocking on doors in search of sponsors.

It has been well worth it "to be able to go away and represent our province and play a sport that we love," Logan said.

He won bronze in the peeewee B division in 2011, while Zachery won gold at the same level in 2012 and Jordan claimed the same title last year.

This year marks the first time all three brothers will be competing for a national title at the same time.

And this time, Logan said, they plan to "get into the gold game and win it all."

Quoted

"It's a once-in-a-lifetime opportunity."

12-year-old Jordan Whitford on representing Nova Scotia at the 2014 National Box Lacrosse Championships

Swimming. David Sharpe of Halifax places 4th at national championships

Halifax swimmer David Sharpe snatched up a fourth-place finish in the 200-metre butterfly event Saturday at the 2014 Canadian Swimming Championships in Saskatoon.

He completed his swim with a time of 2:02.79, for the top Nova Scotian finish of the

day. Halifax teammate Kat Webster claimed 11th place in the 800-metre freestyle event at 9:12.80, for the province's second best time of the day, a Swim Nova Scotia news release said.

"The Halifax Trojans fin-

ished 12th overall," the release said, adding the team was the largest from Nova Scotia at the four-day competition with 15 swimmers. The Dartmouth Crusaders and Wolfville Tritons also competed, with Nova Scotia swimmers setting three new provincial records. **METRO**



David Sharpe THE CANADIAN PRESS FILE

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Boy Wonder is back as British Open champion

Third youngest. At 25, Rory McIlroy safely wins the British Open

Walking off the 18th green as the British Open champion, Rory McIlroy kept gazing at the names of all the greats on golf's oldest trophy.

On the claret jug, his name is etched in silver below that of Phil Mickelson.

In the record book, he is listed behind Jack Nicklaus and Tiger Woods as the



Rory McIlroy of Northern Ireland holds the Claret Jug aloft after his two-stroke victory at The 143rd Open Championship at Royal Liverpool on Sunday in Hoylake, England. TOM PENNINGTON/GETTY IMAGES

AUGMENTED REALITY

→ Scan the image with your Metro News app for a gallery of Sunday's action in Liverpool.

→ See the full instructions on Metro's Voices page.



Toronto IndyCar

Water-logged weekend brings surprise winners

Mike Conway was the surprise winner of a collision-filled second race at the Honda Indy Toronto.

The street-course specialist skipped a late pit stop for new tires to take the lead and win the 11-turn, 2.81-kilometre race at Exhibition Place on Sunday.

Tony Kanaan finished second while Will Power was third.

Sebastien Bourdais won the opening race from the pole for his first IndyCar victory in six years. Overall points leader Helio Castroneves finished second, followed by Kanaan.

THE CANADIAN PRESS

youngest to win three legs of the career Grand Slam.

And over four days at Royal Liverpool, he had no equal.

"I'm immensely proud of myself," McIlroy said after his two-shot victory Sunday that was never really in doubt. "To sit here, 25 years of age, and win my third major championship and be three-quarters of the way to a career Grand Slam ... yeah, I never dreamed of being at this point

in my career so quickly."

He had to work a little harder than he wanted for this one.

Staked to a six-shot lead going into the final round, McIlroy turned back every challenge. He made two key birdies around the turn, and delivered a majestic drive at just the right moment to close with a 1-under 71 and complete his wire-to-wire victory.

THE ASSOCIATED PRESS

In Toronto. Over 36,000 watch the Jays 'come to life' to beat Texas 9-6

It was about as ugly a win as you can get.

Toronto starter Mark Buehrle fell trying to throw a pitch, balking in a run. Closer Casey Janssen didn't finish the ninth. Even Rogers Centre couldn't make up its mind, opening and then closing the dome.

But when the dust had settled, the Blue Jays had defeated the lowly Texas Rangers 9-6 Sunday, securing the series win over the worst club in the majors.

The nine runs were the most by the Jays since they scored 14 on June 20 in Cincinnati.

"We came to life today," said manager John Gibbons.
THE CANADIAN PRESS



Blue Jays pitcher Mark Buehrle
FRED THORNHILL/THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Get tough with someone who has been giving you a hard time. People will respect you more if you demonstrate that you respect yourself.

♉ Taurus

April 21 - May 21

This is an important time for career matters. Being ambitious is not a sin and anyone who suggests that it might be is not to be trusted.

♊ Gemini

May 22 - June 21

You have enough work on your plate. The planets warn if you go beyond your limits, you will regret it later in the week when you don't have the energy for new opportunities.

♋ Cancer

June 22 - July 23

Someone is trying to make you feel guilty about something that wasn't your fault. You may be tempted to ignore it but if you don't counter their negative propaganda, your reputation could suffer.

♌ Leo

July 24 - Aug. 23

The more time you spend trying to work out what might go wrong over the next few days the less time you will have for making things go right.

♍ Virgo

Aug. 24 - Sept. 23

You may not be much in the mood for routine activities today but the planets insist that you make a serious effort to catch up on a backlog of jobs.

♎ Libra

Sept. 24 - Oct. 23

The planets warn that in some areas it might be wise to play safe and stick with what you know and trust. Creatively and romantically you have a lot to gain but also a lot to lose.

♏ Scorpio

Oct. 24 - Nov. 22

Don't hesitate to tell others what it you desire because someone might hand it to you. Stranger things have happened and will continue to happen over the next few weeks.

♐ Sagittarius

Nov. 23 - Dec. 21

You must be committed to what you are working on. If you are reluctant to get fully involved, others may decide they can do without you.

♑ Capricorn

Dec. 22 - Jan. 20

Don't run yourself into the ground doing things for others. Your energy supply is limited and must be saved for things that mean something to you.

♒ Aquarius

Jan. 21 - Feb. 19

Even the best of friends fall out occasionally. You will get the chance to kiss and make up later in the week and if you take it there will be no harm done.

♓ Pisces

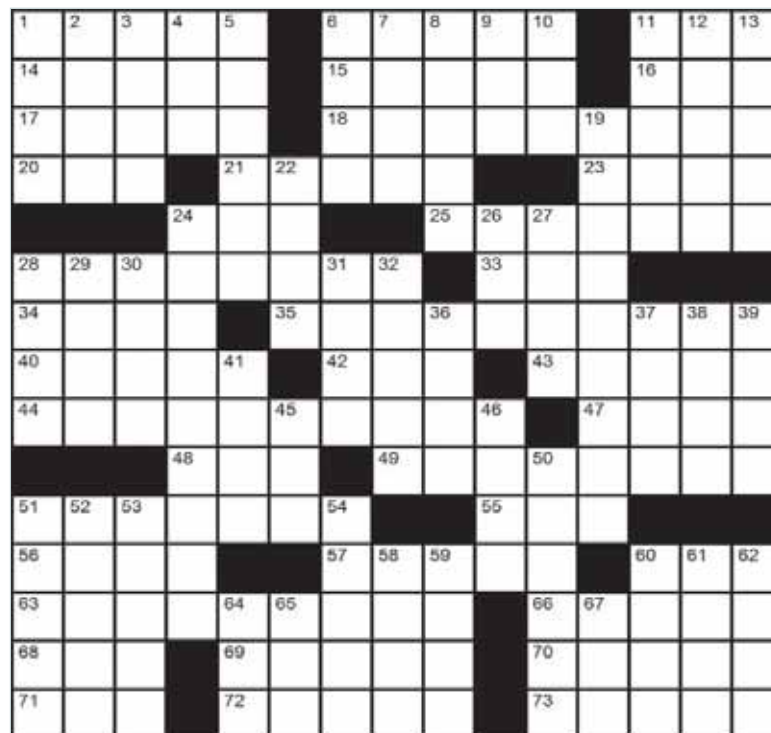
Feb. 20 - March 20

If someone you trust offers you advice today you would be wise to listen. That applies to all areas of your life but especially to property matters, investments and financial issues.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. What a Canadian saying 'about' sounds like to the American ear
6. WWII threat in the North Atlantic
11. 'Computer' suffix (Tehchie jargon)
14. Bamboo eater
15. Louisiana dish
16. Global positioning fig.
17. Proctor (Kitchen appliance company)
18. PEI's Peninsula; or, the 'G' of GMT
20. Cathedral city
21. Norwegian dramatist Henrik
23. Prefix to 'scope'
24. Toy-made dessert, ___-Cone
25. Some soft drinks
28. Canadian band, ___ Rush
33. Fail to keep
34. Lang. of Rome
35. Three words heard as the race is just about to begin...
40. Cat-like
42. Hockey's Bobby
43. "Buzz off!"
44. Canadian movie, "Atanarjuat: The ___" (2001)
47. Mystique
48. Belonging to the intl. org. based in NYC
49. Those using brooms
51. Exceeds



55. Promos
56. Ancient's "Awe-some!"
57. Supermodel Ms. Campbell
60. Mafia
63. ___ of Tara (Musical instrument on The Arms of Canada)

66. Shoes shade
68. Calif. NBA team
69. Major artery
70. Band of eight
71. Method [abbr.]
72. Wales language
73. React to nausea

Down

1. Church section

2. Jail money
3. Exclusively
4. Sort of tribute
5. Burdensome
6. Australian boots
7. Hockey great, Pavel ___
8. Signs
9. Mr. Vigoda
10. Weight unit [var.

11. "The Untouchables" role, ___ Ness
12. "___ bleu!" (Golly!)
13. Cultural standards
19. Major League Soccer team in Vancouver
22. Wild swine
24. English-French:

- 1945 Hugh MacLennan book, Two ___
26. Use a crowbar
27. Singer, Diana ___
28. Annoy
29. "I'll have ___, please." (Dessert-time drink request)
30. Mr. Holbrook's
31. ___ lights
32. Knitter's supplies
36. Sketched
37. Genuine
38. Actress Teri
39. Grannies: German
41. 007 foe in '62 [2 wds.]
45. Function
46. Staples purchase
50. Magazine bigwig
51. Trompe l'___ (Visual illusions)
52. Sunny emission, ___-ray
53. Works
54. Watchdog's warning
58. Fine pursuits
59. Moonfish
60. Combo dog
61. International oil gr.
62. #Ms. Behrs of "2 Broke Girls"
64. "Hee ___"
65. Flat-bladed tool
67. Hotshot

Friday's Crossword



Online

See today's answers at metronews.ca/answers

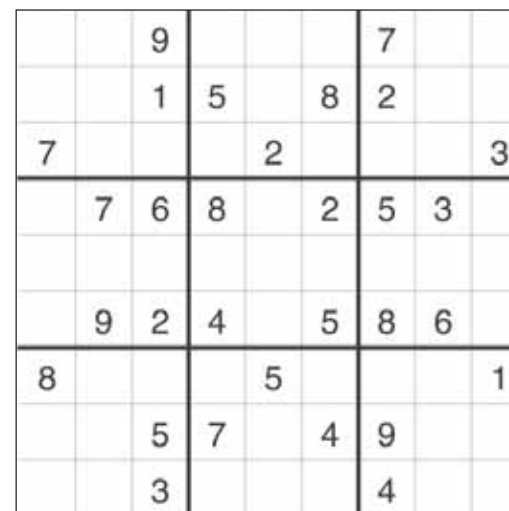


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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